Troubleshooting Back Discomfort

Standard Operating Procedure

Date: 06/12/17
Revision #: 02

Are you sitting with your hips back to consistently rest your back on the chair backrest?

**Correct Posture**

![Correct Posture Image]

Backrest provides consistent back support.

**Incorrect Posture**

![Incorrect Posture Image]

To correct, move your hips back into the back of the chair.

Is the front edge of the seat 2-3 finger widths from hitting your calves during sitting?

**Correct Posture**

![Correct Posture Image]

Consistent leg support.

**Incorrect Posture**

![Incorrect Posture Image]

To correct, adjust seat depth forward to improve leg support.

Are your feet supported?

**Correct Posture**

![Correct Posture Image]

Feet are supported on the floor or a footrest.

**Incorrect Posture**

![Incorrect Posture Image]

To correct, lower chair height or use a footrest.